

SENIOR CITIZEN CENTERS

Derfelt Senior Center

3333 W. Washington Str. (in Lorenzi Park)
Las Vegas, NV 89107

Phone: (702) 229-6601

TDD: (702) 386-9108

Hours: Monday and Friday: 8 a.m. to 4 p.m.

Derfelt offers a variety of recreational and social activities for adults age 50 and over, all at a very nominal cost. The adult who enjoys being physically active can choose from yoga, Tai Chi, ballroom, tap or country/western line dance classes. For those who enjoy working with their hands and exercising their creativity, the center offers crochet/knit, oil painting, creative writing, sewing, quilting, quilting, porcelain doll making and periodic holiday craft classes. Participants enjoy exercising their minds by playing bridge (both duplicate and party style, and the center periodically offers bridge classes) as well as by learning to speak Spanish and Sign Language, the second most commonly used language in the world.

Concerned about those extra pounds? Join TOPS (Take Off Pounds Sensibly), and you can even have your blood pressure taken weekly before or after you weigh in.

A senior singles group and the Las Vegas Deaf Seniors meet monthly at Derfelt. AARP's important program, **55 Alive/Mature Driving**, is also available monthly.

Special short-term classes and/or seminars range from healthy cooking to astrology, aromatherapy to music appreciation and flower arranging to educational health seminars. **Free Income Tax preparation** is available from February through April 15, thanks to volunteer tax preparers, and free notary service is available throughout the year.

Derfelt proudly sponsors two major annual events: a spring Outdoor Doll and Crafts Show, open to the entire family; and the Annual Senior Blue Moon Ball for those who love ballroom dancing.

Doolittle Senior Center

1950 North J Str. (at West Lake Mead Blvd.)
Las Vegas, NV 89106

Phone: (702) 229-6125

TDD: (702) 386-9108

Hours: Monday through Friday: 8:30 a.m. to 5 p.m.

Activities include: bowling, table tennis, chair exercise, stretch class, bingo, crafts, sewing, cards, dominoes, gardening and walking. Blood pressure checks, field trips and legal seminars are offered monthly. Lunch is served Monday through Friday at 11:30 a.m. (except holidays) for a nominal fee.

Doolittle offers **free computer classes**. Classes include keyboarding and mouse, Windows, Microsoft Word and the Internet. Classes start at the beginning of each month. Workshops in digital cameras, scanning and graphics are offered monthly. Open lab times are available to surf the Internet, check or set up e-mail, write letters or just play games.

The **Trail Dusters** hiking group hikes one Friday per month. Past trips have included Lake Mead, Red Rock Canyon, Mt. Charleston and Valley of Fire. A fee of \$1 is charged for transportation.

Dula Gymnasium

441 E. Bonanza Rd.
Las Vegas, NV 89101

Phone: (702) 229-6307
TDD: (702) 386-9108

Hours: Monday through Friday: 7:30 a.m. to 5 p.m.

The city of Las Vegas Dula Gymnasium serves as an Active Sports Center for senior citizens. Programs include paddle tennis, table tennis, a fitness room, bocce leagues, monthly hikes, cribbage, nutrition and health discussions and special guest speakers.

The Nevada Senior Games coordinate events and work closely with the sports programs. The gym hosts special events for the community, including wheelchair basketball, ProAm basketball, volleyball and softball tournaments.

The gym is available for facility use for an hourly fee on some evenings and weekends. Call (702) 229-6307 for more information concerning senior sports.

Seniors in Motion Hiking Trips: Take a hiking trip to Valley of Fire, Mt. Charleston, Red Rock Canyon or Lake Mead. Trips leave from Dula Gym. The fee is \$1, which includes transportation. Trips are scheduled twice a month. Please call for upcoming hikes.

East Las Vegas Community Senior Center

250 N. Eastern Ave.
Las Vegas, NV 89101

Phone: (702) 229-1515
TDD: (702) 386-9108

Hours: Monday through Saturday: 9 a.m. to 6 p.m.

The East Las Vegas Community Senior Center offers a variety of classes including computers, Tai Chi, self-defense, ballroom dancing, exercise classes and various workshops. Ongoing activities include cards, dominoes, and chess. Lunch is served everyday for only \$2.

Las Vegas Senior Center

451 E. Bonanza Rd.
Las Vegas, NV 89101

Phone: (702) 229-6454
TDD: (702) 386-9108

Hours: Monday through Friday: 8:30 a.m. to 10 p.m. and Saturday: 9 a.m. to 10 p.m.

The Las Vegas Senior Center provides more than 60 different recreational classes for senior's ages 50 and older. Classes range from aerobics to dance classes, arts and crafts to language classes. Call or visit the center and see what activities may be of interest to you.

Special workshops and health screenings are held throughout the year, including living wills and eye screenings. A social ballroom dance is held every Saturday evening. The center has a pool room that is open daily.

Class fees are nominal, ranging from \$1 to \$3 per class. A one-time \$1 registration fee is charged for all classes. Please contact the center at (702) 229-6454 about joining any of our classes or clubs or to have a schedule of activities sent to you.

Lieburn Senior Center

6230 Garwood Ave.
Las Vegas, NV 89107

Phone: (702) 229-1600
TDD: (702) 386-9108

Hours: Monday through Friday: 8:30 a.m. to 4 p.m.

The Lieburn Senior Center, created for the exclusive use of people age 50 and older, includes a multipurpose room, computer room, classroom, arts and crafts room, kitchen, conference room, offices, restrooms and indoor/outdoor patio areas. The new facility's programs and services will improve the quality of life for older adults living in the immediate neighborhood, as well as those in the surrounding Charleston Heights area.

Northwest Senior Center

6841 W. Lone Mountain Rd.
Las Vegas, NV 89108

Phone: (702) 229-4794
TDD: (702) 386-9108

Hours: Monday through Friday: 8 a.m. to 4 p.m.

The Northwest Senior Center is a fun place to be for seniors. You can choose from seminars, computer classes, arts and crafts, bowling, bridge, canasta, aerobics and several cooking classes and parties.